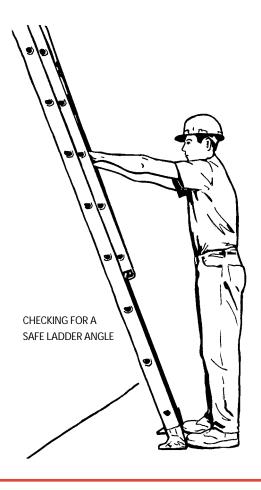
LADDERS – EXTENSION

Things to Do Before Training

- ► Have an extension ladder ready to show to the work crew.
- ► Be prepared to talk about jobs on the project for which extension ladders will be used.
- In the index of the Cal/OSHA Pocket Guide for the Construction Industry, look up Ladder and read the pages listed.

Introduction

Falls are the leading cause of construction workplace deaths. One-third of fatal falls to a lower level are from ladders or scaffolds. Ladder accidents occur because workers slip or the ladder slips. Simple precautions can prevent falls from occurring.



QUESTIONS TO ASK

- ► Have you or someone you know had an injury related to an extension ladder? What could have been done to prevent it?
- ▶ What are some examples of potential extension ladder hazards on this job?
- ▶ What are the steps for setting up and using an extension ladder properly?
- ► What should we avoid doing when using an extension ladder?
- ► How should we get tools or materials up to the location where they are needed without carrying them up the ladder?
- ➤ Are there jobs on this site where it would be safer to use scaffolding, a scissor lift, or boom lift?



ACTIONS TO TAKE

- ▶ Inspect the extension ladder together to make sure it is in good shape. If it is broken or defective, don't use it. Defective ladders should be disposed of properly.
- ▶ Discuss where and how the extension ladder will be used safely on the job.

Key Points to Keep in Mind

Examples of Hazards:	
	Broken or defective ladders
Ц	Ladders on slippery or uneven surfaces
Ш	Ladder rungs that have mud, grease, or other slippery material on them
	Carrying tools or materials up or down a ladder
	Using metal ladders near live electrical parts or within 6 ft of high voltage electrical lines
Extension Ladder Do's:	
	When using a ladder to climb onto a roof or platform, extend the ladder at least 3 ft past the edge it is resting against.
	Set up the ladder at a safe angle . Put your toes against the bottom of the rails and stretch your arms out at shoulder height. You should be able to grasp the rung with your hands (see front).
	Use an extension ladder no longer than 44 ft .
	On two-section extension ladders, the sections must overlap at least 3 ft. Overlap must be at least 4 ft for ladders over 33 ft.
	Locate or create a level and firm surface for the base of the ladder.
	Secure the top and, when feasible, the bottom of the extension ladder.
	Keep areas at top and bottom clear of debris, material, and other obstructions.
	Set up a traffic barrier at the base of the ladder.
	When climbing up or down, always face the extension ladder and maintain three-point contact with two hands and a foot or two feet and a hand.
	Whenever possible, use extension ladders for access – not as work platforms. It is often safer to work from scaffolding, a scissor lift, or boom lift.
	It is a good idea to wear a safety harness and tie off to a well-anchored lifeline or other support (not to the ladder) when working higher than 10 ft.
	Be careful when erecting extension ladders near live overhead powerlines.
Extension Ladder Don'ts:	
	Don't carry tools, equipment, or material in your hands while climbing. Instead wear a tool belt or use a hoist line or gin wheel for lifting and lowering.
	Never stand higher than the fourth rung from the top.
	Never use metal or metal-reinforced ladders near electrical wires or equipment.
	Never reach far to do your work . If you are leaning to the right, left, or backwards, you should move the ladder into a better position